

BENEFITS NEWS

An Information Publication for State of California Employees

State Employee Suggestion Program

Turn Your Ideas into Money!

The Employee Suggestion Program was established in 1950 to reward employees who come up with efficient and cost-effective suggestions for improving state government.

If your suggestion is adopted, you may be eligible to receive 10% of the documented cost savings up to a maximum of \$50,000.

All active and retired State employees are eligible to participate. Last year, adopted suggestions saved the State over \$5 million.

Recent Awardees include:

A **Tax Auditor** of the Board of Equalization received \$9,231 for developing a computer program to manage equipment inventory.

An **Automotive Technician** at the California Highway Patrol received \$7,457 for a suggestion that eliminated repairs and replacements of the rear bumpers of highway patrol cars.

An **Office Assistant** at the Department of Justice was awarded \$5,857 for suggesting the implementation of an automated system that eliminated the need to

manually create hundreds of physical files and electronically track thousands of criminal records.

A **Hazardous Substances Engineering Geologist** at the Department of Toxic Substances Control received \$39,908 for automating their daily work logs.



Three employees at the Department of Water Resources received \$4,404 for developing a part used to rebuild air cooler motors on pumping plant facilities throughout the state. The award was divided equally among the three suggesters.

Why wait, submit your ideas today!

Suggestions must be submitted on Suggestion Form Std. 645. To get an

Employee Suggestion form, you can go to www.dpa.ca.gov (click on "Benefits," then "Employee Suggestion Program") or contact your Department's Merit Award Coordinator.

The Employee Suggestion Program is part of the Department of Personnel Administration's Merit Award Program.

Food and Fitness Tip

Have reports of American's expanding girth and the obesity "epidemic" made food and fitness a thing of the past? Incorporating good nutrition and physical activity into your lifestyle will help build lifelong health plus reduce stress and improve your mood too.

Aim for fitness.

Aim for a healthy weight and be physically active every day. A healthy weight is key to a long, healthy life. Engage in 30 minutes or more of physical activity each day.

Build a healthy base.

Get the vitamins, minerals, energy, and other healthful substances from foods your body needs. Choose a variety of foods to help you get all the nutrients and fiber you need. The best way to get a variety of nutrients into your diet is to make every calorie count. Choosing foods that are nutrient dense will help protect against disease and keep you healthy. Mother Nature has created many foods that are rich in fiber, vitamins, minerals, and phytosterols (plant chemicals important to health). Fruits, vegetables, whole grain products, beans, and nuts, including peanuts, contain important nutrients like niacin, folic acid, phosphorus, copper, magnesium, and vitamin E.

Choose sensibly.

Choose a diet that is low in saturated fat and cholesterol and moderate in total fat. Healthy choices for fats are mono- or polyunsaturated fats found in foods like olive oil, peanuts, peanut butter, and fatty fish. Mono- and polyunsaturated fats do not raise blood cholesterol. If you replace saturated fats in your diet with mono- or polyunsaturated fats you may lower heart disease risk.

Get Moving!

Be active every day, any way you can. Try to make fitness part of your regular routine by taking the stairs instead of the elevator, or walking to the store instead of driving. Walk with your dog, bike with a family member, garden with a kid, and dance with a friend. Remember, a little physical activity throughout the day can go a long way!

Balancing energy intake (calories) with energy output (physical activity) is key. Energy balance is important for kids and adults alike.

Visit the DPA California WorksWell Health Promotion Program's web page at <http://www.dpa.ca.gov/benefits/health/wellness/wellmain.shtm> for a variety of health related information.

For More Information

DPA Benefits Division
(916) 322-0300
CALNET 492-0300

ARAG Group
Group Legal Services Plan
1-800-247-4184

Dental Program
(916) 324-0525
CALNET 454-0525

Employee Assistance Program
MHN (Managed Health Network)
1-866-327-4762

FlexElect Program
(916) 327-6429
CALNET 467-6429

Health Promotion Program
(916) 324-9398
CALNET 454-9398

Merit Award Program
(916) 324-0522
CALNET 454-0522

Pre-Tax Parking
(916) 324-0526
CALNET 454-0526

Rural Health Care Program
(916) 327-1439
CALNET 467-1439

Savings Plus Program
1-866-566-4777
www.sppforu.com

Vision Service Plan
1-800-877-7195

Workers' Compensation Program
(916) 445-9792
CALNET 485-9792

DPA Fax Numbers

Benefits Division
(916) 322-3769
CALNET 492-3769

Savings Plus Program
(916) 327-1885
CALNET 467-1885

TDD (Any unit in DPA)
(916) 327-4266
CALNET 467-4266

Internet Address

www.dpa.ca.gov